



Back to School Safety



There are a number of ways to keep safe when going Back to School:

• **Phone Numbers:** *With today's technological world, kids need to know more phone numbers than ever before. A good idea is to take a blank business card and type the important numbers on it and have it laminated. For older kids, they can place it in a wallet and for your younger ones, you can punch a hole in it and lace it into their school backpack so they will not lose it.*

• **Car Safety:** *Please ensure that everyone is properly seat-belted in your vehicle before putting the car into gear. Kids under the age of 12 should be in the back seat and in a car seat or booster seat.*

• **Bike Safety:** *Please teach your kids that bikes have rules to follow, just like cars. Each year children are injured or killed because they are riding on the wrong side of the street, they fail to stop at a stop sign, or fail to follow some of the other rules for bike riding. Please make sure your kids are wearing a helmet. **It's not only safer, it's the law!***



• **Walking to School the Safe Way:** *Plan the route your kids are going to take if they are walking to school. It is important to try to minimize the number of streets they have to cross. Keep it as simple as possible. Do a dry run with your kids to get them comfortable with the route. Teach them to stay away from vacant lots, fields and any other place with few people around.*

• **Stranger Safety:** *Teach your kids not to talk to strangers. They should not accept presents or rides from them. Also, be sure to pick a family password. This word will be used if someone different is picking them up from school, sports or other locations. It should be a weird word, like spaghetti. One that someone would not be able to guess.*

• **After School Safety:** *If your child is alone after school for a short time make sure they follow some basic guidelines:*

- *Keep the doors locked*
- *Never tell someone on the phone that there are no adults at home.*
- *Post a list of emergency phone number near the phone*
- *Have them call you at work or on your cell phone as soon as they get home*
- *Set up rules on what kind of food they can fix. Younger children should never use the stove without adult supervision*
- *Be sure to get up guidelines on who they can have over (if anyone) and what they are allowed to do.*